



THE VERMONT YELLOW BOOK

*Resources for Service Members
And Their Families*



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*Resources for Service Members
And Their Families*

**VERMONT YELLOW BOOK
OF RESOURCES**

*Resources for National Guard and Reserve members and
their Families in the Vermont area, including:*

- phone numbers*
- contact names, emails*
- Web sites*

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Joint Forces Resources (Camp Johnson).....	p 8
Resources for Overall Services (not topic specific) ...	p 10
Alphabetical listing by topic.....	p 14

*Thank you to all of the service
members who have devoted their time
and services to our country, and thank
you to their families.*



This book was compiled by the National Center for PTSD, the
Department of Veterans Affairs, the Vermont Vet Centers, the Family
Readiness Groups of the VT armed services

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VETERANS AFFAIRS (VA) SERVICES

The VA provides Medical, Dental, Emotional Well-Being and Behavioral health services to soldiers/airmen including Guardsmen and Reserves. Free services for military related problems for the first 2 years following deployment, and co-pay based on eligibility after 2 years. The VA has many community based outpatient clinics (CBOCs) in addition to their medical centers.

<http://www.va.gov>

Regional Offices:

VT White River Junction (802) 296-5177
or 1-800-827-1000 from VT
215 N. Main St., 05009

NH Manchester 1-800-827-1000
Norris Cotton Bldg., 275 Chestnut St., 03101

Medical Centers:

VT White River Junction (802)-295-9363
215 N. Main St., 05009

NH Manchester (603) 624-4366
or 1-800-892-8384 from NH
718 Smyth Rd, 03104

Community Based Outpatient Clinics (CBOCs)

VT CBOCs

-Bennington Outpatient Clinic (802) 447-6913
Vermont Veterans Home, 325 North Street

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NH Manchester (603) 624-4366
or 1-800-892-8384 from NH
718 Smyth Rd, 03104

Community Based Outpatient Clinics (CBOCs)

VT CBOCs

-Bennington Outpatient Clinic (802) 447-6913
Vermont Veterans Home, 325 North Street

-Fort Ethan Allen Outpatient Clinic (802) 655-1356
162 Hegeman Avenue, Colchester
-Rutland Community Based Outpatient Clinic (802) 773-3386
215 Stratton Road, Rutland

NH CBOCs

-Littleton (603) 444-9328
600 St. Johnsbury Rd., 03561
-Portsmouth (603) 624-4366 ext. 5500
302 Newmarket St., Bldg. 15, 03803
-Tilton (603) 624-4366 ext. 5600 or 1-800-892-8384
139 Winter St., 03276
-Wolfeboro (603) 569-4336
183 North Main St., 03894
-Conway (603) 447-2555
7 Greenwood Ave., 03818

National Center for PTSD

www.ncptsd.va.gov

Providing extensive information on stress related health problems. The NCPTSD provides research, education and consulting on PTSD and stress-related disorders. Our Web site is full of information on trauma, war exposure, and reactions to stressors for veterans, families, clinicians, researchers and the general public.

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OIF/OEF Case Manager

Contact: Jill Alger, MSW
Toll Free: 1-866-687-8387, ext. 5094
Helps facilitate Veteran's re-entry into society, maximizes their use of VA services, and takes the role of their advocate as needed.

VA Benefits

Whether or not you think you will use this...
SIGN UP ASAP! For any issues related to combat service.

- Medical
- Dental (must sign up within 3 months of return).
- Compensation and Pension Benefits
- Education and Vocational Rehabilitation Benefits
- Loan Guaranty Services

Contact: Michael Casey
Toll Free: 1-800-827-1000

http://www1.va.gov/health_benefits/

Medical

VA Health Care Benefits

Contact: Wendy Decoff
Toll Free in VT: 1-866-687-8387, ext. 6281
Toll Free Nationwide: 1-800-941-8387
Fill out an application for VA health benefits online at:
http://www1.va.gov/health_benefits/

VA Mental Health Services

Toll Free: 1-866-687-8387, ext. 6132.
Walk-in any Monday through Friday, 9 a.m. to 12 p.m. or 1 p.m. to 4 p.m. to complete a brief assessment and speak with a therapist and prescriber. Can discuss issues and

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possible treatment options and referrals at the VA in WRJ or at a community-based outpatient clinics (CBOCs) around the state.

Women Veterans

Contact: Bobbie Surott Kimberly, LICSW, CTRS,
Women Veterans Program Manager
Toll Free: 1-866-687-8387 ext. 5743

www.va.gov/wvhp/

The WVPM coordinates the provision of comprehensive (including gender specific) health care services to women veterans and plans for the establishment of new specialty or primary programs and the expansion of existing programs to meet the needs of women veterans. The WVPM also ensures equity of access, service and benefits to women veterans; coordinates the provision of state-of-the-art diagnostic, treatment, consultation and referral services for women veterans; coordinates medical and/or surgical health care services and provide psychological care of mental health needs.

Vet Centers

(Readjustment Counseling Services)

Assisting veterans and their family toward a successful postwar adjustment offering: Readjustment Counseling (including PTSD treatment), Bereavement, Alcohol & Drug, Trauma, Marriage & Family, and Benefits Counseling as well as Job Services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services.
- services are completely confidential.

<http://www.va.gov/rcs/>

1-800-905-4675

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<http://www.va.gov/rcs/>

1-800-905-4675

VT Vet Centers

-South Burlington: (802) 862-1806

359 Dorset St., 05401

-White River Junction: (802) 295-2908

or 1-800-649-6603

Gilman Office Complex #2, 222 Holiday Inn Dr., 05001

NH Vet Centers

-Manchester: (603) 668-7060/61

103 Liberty St., 03104

VT Vet Centers

-South Burlington: (802) 862-1806

359 Dorset St., 05401

-White River Junction: (802) 295-2908

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103 Liberty St., 03104

**VERMONT NATIONAL GUARD
JOINT FORCES HEADQUARTERS**

Camp Johnson

789 Vermont National Guard Road
Colchester, VT 05446

<http://vtonline/default.aspx> (only accessible inside of the NG
network / domain)

Camp Johnson Switchboard
(802) 338 - 3000

Employment Issues

ESGR: Employer Support of the Guard and Reserve
Contact: LTC Lloyd Goodrow (802) 660-5482
SMS John Macleod (802) 338-3249

Family

Family Readiness Center
(Deployment Resource)
1-888-607-8773

National Guard Children and Youth Program
Provides resources and information fir youth as well as
information on educational funds and scholarships
Contact: Ann Gorrigan ann.gorrigan@us.army.mil
(802) 338-3369

Financial

Finance Office
Contact: MSG Rod Churchill (802) 338-3228
Mr. Larry Smith (802) 338-3195
Mr. Jeffrey Greenman (802) 338-3226

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DFAS (Military Pay Site)

www.dod.mil/dfas/

DFAS

MYPAY (Website to check your LES)

<https://mypay.dfas.mil/mypay.aspx>

MilPay (Camp Johnson)

Contact: MSG Rod Churchill (802) 338-3228

Mr. Larry Smith (802) 338-3195

Mr. Jeffrey Greenman (802) 338-3226

ID CARDS

National Guard Contact: SSG Fellows, (802) 338-3135

Air Guard Contact: (802) 660-5225

(call ahead for an appointment)

ID cards NEEDED for all family members, includes photo.

Medical/Dental

Medical Issues / Questions

Contact: Mr. Poney (802) 338-3136

TRICARE (Active Duty Medical)

www.tricare.osd.mil

1-877-874-2273

Contact: Mr. Poney (802) 338-3136

To maintain/update DEERS enrollment

www.tricare.osd.mil/deers/default.cfm

United Concordia (Active Duty Dental)

www.ucci.com (to compare with VA dental benefits)

1-800-866-8499, need to enroll

Contact: SSG Don Cobb (802) 338-3143

100 % Coverage - Exams , Cleanings & X-Rays

80%-Fillings, 60%-Root Canals/Extra, 50%-Bridge/Crown

DFAS (Military Pay Site)

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RESOURCES FOR OVERALL SERVICES

Military Assistance Program

www.dod.mil/mapsite

Military Homefront

<http://www.militaryhomefront.dod.mil>

Support for Troops and their families.

Military One Source

www.militaryonesource.com

1-800-342-9647

They are available 24/7 and can answer almost any question no matter how big or small.

Outside the US: (country access code) 800-3429-6477 (dial all 11 numbers)

Or call collect from outside US: 484-530-5947

TTY/TTD: 800-346-9188

En español, llame al 877-989-5392

Army One Source

www.armyonesource.com

1-800-464-8107

Air Force One Source

www.airforceonesource.com

Courage to Care

<http://www.usuhs.mil/psy/courage.html>

This site, created by Uniformed Services University for the Health Sciences, belongs to the Center for Traumatic Studies and includes a wealth of additional information. Clicking on 'Courage to Care' in the left margin will bring you to an electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women and families.

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Independent Organizations that support troops

www.dod.mil/americasupportsyoud/support/help.html

Contains a list of independent organizations that help support the troops. Provides information on what Americans are doing to support the military.

Operation Vermont Cares

www.operationvermontcares.org/

Creates care packages for our service men and women.

Vermont Agency of Human Services

Children/Families, Health Issues, Mental Health, Substance Abuse, Elderly/Disabled, Criminal Justice and more
(802) 241-2220

Other Important Sites

www.defenselink.mil/ra

www.defenselink.mil (see special interest section)

www.operationhomefront.org/Info/info_deploy.shtml

www.commanderspage.dod.mil

www.vtguard.com

www.1800goguard.com

Air Force Reserve www.afrc.af.mil

Air National Guard www.ang.af.mil

Army Family Liaison home page www.aflo.org

Army Family Team Building www.aftb.org

www.army.mil

National Center for Posttraumatic Stress Disorder (NCPTSD)

<http://www.ncptsd.va.gov>

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www.commanderspage.dod.mil

www.vtguard.com

www.1800goguard.com

Air Force Reserve www.afrc.af.mil

Air National Guard www.ang.af.mil

Army Family Liaison home page www.aflo.org

Army Family Team Building www.aftb.org

www.army.mil

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Center for the Study of Traumatic Stress

USUHS Uniformed Services University of the Health
Sciences: Center for the Study of Traumatic Stress
<http://www.usuhs.mil/psy/traumaticstress/newcenter.html>

Courage to Care

www.usuhs.mil/psy/courage.html

Electronic fact sheets on timely health topics relevant to
military life.

Congressional Representatives

Senator James M. Jeffords' Office

Diana Harrington: Diana_harrington@jeffords.senate.gov
Veterans' Liaison
453 Stone Cutters Way
Montpelier, Vermont 05602
802-223-5273

Marie Pomainville: Marie_pomainville@jeffords.senate.gov
Military Liaison
2 South Main Street
Rutland, Vermont 05701
802-773-3875

Senator Patrick Leahy's Office

Jackie Smith: jackie_smith@leahy.senate.gov
Veterans/Military/Housing Caseworker
199 Main Street
Burlington, VT 05401
Phone: (802) 863-2525 or 1-800-642-3193

Center for the Study of Traumatic Stress

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Congressman Bernie Sanders' Office

Sam Haskins: bsanders@sover.net or
sam.haskins@mail.house.gov

Veterans Specialist
For Congressman Sanders
167 Main Street Suite 410
Brattleboro, VT. 05301
1-802-254-8732
Fax: 1-802-254-9207

Geoffrey Pippenger: geoffrey.pippenger@mail.house.gov
Case Worker

For Congressman Sanders
1-800-339-9834 or 1-802-862-0697
1 Church Street 2nd Floor
Burlington, VT. 05401-4417
1-800-339-9834 or 1-802-862-0697
Fax: 1-802-860-6370

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Fax: 1-802-860-6370

ALPHABETICAL LISTINGS

Adolescents

See Children and Adolescents

Advocates for filing pension or compensation claims

See also VSO's

OIF/OEF VA Case Manager: Jill Alger, MSW

Toll Free: 1-866-687-8387, ext. 5094

Alcohol Problems

See Substance Abuse and Recovery

Baby-sitting services

See also Child Care, Day Care

Operation Child Care

1-800-424-2246

www.childcareaware.org/en/findcare/

Child care providers volunteering free service for services members on R&R, or during FRGs, deployment briefings or reunion briefings

Bereavement

See Grief

Career

See also Employment

Career Center for the Military Severely Injured Center

www.Military.com/support

Career advice for military spouses

www.military.com/MilitaryReport/0,12914,76237,00.html?ESRC=miltrep.hl

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Cyberskills Vermont
Free Computer Classes
802-860-4057
www.cyberskillsvt.org

Military Spouse Career Center
www.military.com/spouse

Military Spouses' Career Network
www.mscn.org
Vocational Rehabilitation
Burlington, VT 802-863-7500

Chaplains
See Spiritual

Child Care
See also Subsidies

Military One Source
www.militaryonesource.com
Information and contact numbers for child care subsidy

Operation Child Care
1-800-424-2246
www.childcareaware.org/en/findcare/
Child care providers volunteering free service for services
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Operation Military Child Care
1-800-424-2246
www.naccrra.org/MilitaryPrograms
email: OMCC@NACCRRSA.org
Subsidies for licensed child care for children up to 12 years
old, based on family income. For support for

Cyberskills Vermont
Free Computer Classes
802-860-4057
www.cyberskillsvt.org

Military Spouse Career Center
www.military.com/spouse

Military Spouses' Career Network
www.mscn.org
Vocational Rehabilitation
Burlington, VT 802-863-7500

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old, based on family income. For support for

employment, education or special medical circumstance needs.

DoD Child Development Program (CDP)
www.mfrc-dodqol.org/MCY/

Web based search
www.aeyc-mn.org

Child Care Resources
Williston, VT (802) 863-3367

Children and Adolescents

Guard Family Youth
www.guardfamilyyouth.org

Military Child
www.militarychild.org
military Child Education Coalition

Military Student
www.militarystudents.org
A wonderful Web site for youth. They can click on different options and even e-mail a peer their age.

Military Impacted Schools Association
www.militaryimpactedschoolsassociation.org
Great for teachers, parents, youth and spouses.

Howard Center for Human Services
Baird Center for Children and Families Burlington, VT
(802) 863-1326

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Great for teachers, parents, youth and spouses.

Howard Center for Human Services
Baird Center for Children and Families Burlington, VT
(802) 863-1326

National Guard Child and Youth Program
Support for the social, emotional and academic needs of
National Guard children and youth. Provides resources
and information for youth as well as information on
educational funds and scholarships.

Contact: Anne Gorrigan
anne.gorrigan@us.army.mil
(802) 338-3369

Vermont Agency of Human Services
(802) 241-2220
Children/Families, Health Issues, Mental Health, Substance
Abuse, Elderly/Disabled, Criminal Justice and more.

Substance abuse information for parents in VT
<http://www.state.vt.us/adap/vermontparentguide.htm>

Compensation Claims
See Advocates

Counseling Services

VA Mental Health Services

Toll Free: 1-866-687-8387, ext. 6132.
Walk-in any Monday through Friday, 9 a.m. to 12 p.m. or 1
p.m. to 4 p.m. to complete a brief assessment and speak
with a therapist and prescriber. Referrals at the VA in WRJ
or at a community-based outpatient clinics around the state.

Vet Center Readjustment Counseling Service

1-800-905-4675
Readjustment Counseling (including PTSD treatment),
Bereavement, Alcohol & Drug, Trauma, Marriage & Family,
and Benefits Counseling as well as Job Services and

National Guard Child and Youth Program
Support for the social, emotional and academic needs of
National Guard children and youth. Provides resources
and information for youth as well as information on
educational funds and scholarships.

Contact: Anne Gorrigan
anne.gorrigan@us.army.mil
(802) 338-3369

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(802) 241-2220
Children/Families, Health Issues, Mental Health, Substance
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and Benefits Counseling as well as Job Services and

assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services.
- services are completely confidential.
- also treat military related family problems

www.vetcenter.va.gov

Adult Crisis Hotline, Howard Center
(802) 863-2400

Cedar Brook, Williston, VT
(802) 879-5333

Cross Roads, Essex Jct. VT
(802) 288-1087

Fletcher Allen/UVM
Mental Health Services (802) 847-4727

Howard Center for Human Services
Burlington, VT Mental Health (802) 658-0400

Operation Comfort
www.operationcomfort.com

A nationwide network of mental health professionals and agencies, providing counseling to family members of deployed member, free of charge.

1-866-632-7868

Vermont Cares
www.vtcares.org
1-800-649-2437

Day Care (affordable)
See Child Care

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Day Care (affordable)
See Child Care

Dental

United Concordia (Active Duty Dental)
www.ucci.com (to compare with VA dental benefits)
1-800-866-8499
Contact: SSG Don Cobb (802) 338-3143

Deployment Resources

Ameriforce Deployment Guide
<http://www.ameriforce.net/deployment/>

Army Community Service: Deployment/Mobilization
Readiness
http://trol.redstone.army.mil/acs/virtual2/depmob_orm.html

Dept. of Labor Employee Benefits Security Admin.
www.dol.gov/ebsa/faqs/faq_911_2.html
FAQ for reservists called to active duty

Deployment connection
www.deploymentconnections.org
DoD deployment related information and services for
active/reserve families.

Deployment LINK
<http://deploymentlink.osd.mil/>
Health care news for deployed personnel and their families

Family Readiness Center
1-888-607-8773

Homecoming: Resilience after wartime
www.apahelpcenter.org/featuredtopics/feature.php?id=43
Materials from the APA to help returning service members
and their families.

Dental

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Military Family Research Institute: Deployment Support Resources Guide

http://www.mfri.purdue.edu/pages/military/deployment_support.html

www.militaryhomefront.dod.mil

Military Pets Foster Project

www.netpets.org

Connects military pet owners that are about to deploy with foster homes for their pets

Returning to Family Life After Military Deployment

<http://www.militaryonesource.com/ctim/index.aspx?ctim=105.371.1145.5296>

Education

College education disruption

www.virtualarmory.com

click Education tab

For reenrollment issues and educational benefits

Cyberskills Vermont

Free computer classes

802-860-4057

www.cyberskillsvt.org

Military Child Education Coalition

www.militarychild.org

Service member Opportunity Colleges (SOCs)

www.soc.aascu.org

1-800-368-5622

Military Family Research Institute: Deployment Support Resources Guide

http://www.mfri.purdue.edu/pages/military/deployment_support.html

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Military Child Education Coalition

www.militarychild.org

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www.soc.aascu.org

1-800-368-5622

US Dept. of Education: Federal Student Aid Programs
www.ifap.ed.gov/dpcletters/GEN0113.html

Employment

See also Career

CVOEO - Champlain Valley Office of Economic Opportunity.
Works with low-income people to achieve economic
independence.

800-287-7971

TD/TTY 802-863-6248

www.cvoeo.org/

Career advice for military spouses

www.military.com/MilitaryReport/0,12914,76237,00.html?ESRC=miltrep.hl

ESGR: National Committee for Employer Support of the
Guard and Reserves

<http://www.esgr.org/>

Facts sheets and resources for employers and members of
the Guard and Reserve on all aspects of workplace
reentry, based on USERRA protections.

Contact: LTC Lloyd Goodrow (802) 660-5482

SMS John Macleod (802) 338-3249

The National Mental Health Association

<http://www.nmha.org/reassurance/cominghome/returningtowork.cfm>

Specific information about Guard and Reservists returning to
work.

National Partnership for Workplace Mental Health

<http://www.usuhs.mil/csts>

Delivers educational materials to employers and employees
on a broad range of mental health topics, provides a

US Dept. of Education: Federal Student Aid Programs
www.ifap.ed.gov/dpcletters/GEN0113.html

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on a broad range of mental health topics, provides a

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US Dept of Labor: Employment Rights

www.dol.gov/elaws/userra.htm

www.dol.gov/ebsa/newsroom/pr011003.html

Vermont National Guard State Benefits Advisor

Ronnie Mark LaBounty

789 Vermont National Guard Road

Colchester VT 05446

(802) 338-3473

Education and referral service for veterans and families for
VA and State benefits

Bob Hannan

State of Vermont - VOC Rehab VT

"Help people with disabilities return to work"

1-800-742-6939

bob.hannan@dail.state.vt.us

Family

See also Children/Adolescents

Family Assistance Centers (FACs):

Michael Bourgeois

Office: (802) 868-7927

Swanton Armory, VT

Cell: (802) 309-0507

michael.bourgeois@us.army.mil

Joyce Cloutier

Office: (802) 223-2975

Berlin Armory, VT

Cell: (802) 310-0876

joyce.cloutier@us.army.mil

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mary.blow@us.army.mil

Office: (802) 338-3076
Cell: (802) 999-7203

Wayne Boyce
Lyndonville, VT
wayne.boyce@us.army.mil

Office: (802) 626-8130
Cell: (802) 310-0875

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Office: (802) 626-8130
Cell: (802) 310-0875

Heather Hinckley
Rutland Armory, VT
heather.hinckley@us.army.mil

Office: (802) 775-0194
Cell: (802) 310-0879

Chaplain Jim MacIntyre
Camp Johnson, VT
james.macintyre@us.army.mil

Office: (802) 338-3398
Cell: (802) 310-0638

Chaplain Lt. Col Calvin Kemp
Camp Johnson/Air Guard
calvin.kemp@us.army.mil

Office: (802) 660-5422
Army office (802) 338-3399
Cell (802) 598-0689

Family Readiness Center
(888) 607-8773

Air National Guard Family Readiness Office
(802) 652-8035
Mary Bullis, Kelli Langlois
88 NCO Drive, Suite 114
South Burlington, VT 05403
Emergency Pager (802) 351-4485

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Readiness Program links:

www.militaryhomefront.dod.mil
www.myarmylifetoo.com
www.lifelines.navy.mil
www.usmc-mccs.org
www.uscg.mil/reserve

Air Force Crossroads

www.afcrossroads.com

The official community website of the U.S. Air Force

Army Families Online

Information provided by the Army Well-Being Liaison Office

www.wblo.org

or call Army Information Line 1-800-833-6622

National Guard Children and Youth Program

Provides resources and information for youth as well as information on educational funds and scholarships

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National Guard Family Program online communities

www.guardfamily.org

www.guardfamilyyouth.org

Operation Comfort

www.operationcomfort.com

1-866-632-7868

A nationwide network of mental health professionals and agencies, providing counseling free of charge.

Virtual Family Readiness program

<http://www.armyfrg.org>

Tools to facilitate and enable the establishment, communications and maintenance of online FRGs between volunteers and soldier families regardless of their locations, providing Instant messaging, blogs, kids postcards, video email, In-case-of-emergency family plans and much more.

www.militaryimpactedschoolsassociation.org

This web site is great for teachers, parents, youth and spouses

Howard Center for Human Services

Baird Center for Children and Families Burlington, VT
(802) 863-1326

Financial

Joint Forces Finance Office

Contact: MSG Rod Churchill (802) 338-3228

Mr. Larry Smith (802) 338-3195

Mr. Jeffrey Greenman (802) 338-3226

DFAS (Military Pay Site)

www.dod.mil/dfas/

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DFAS

MYPAY (Website to check your LES)

<https://mypay.dfas.mil/mypay.aspx>

MilPay (Camp Johnson)

Contact: MSG Rod Churchill (802) 338-3228

Mr. Larry Smith (802) 338-3195

Mr. Jeffrey Greenman (802) 338-3226

Assistance when demonstrate need for funds for emergency travel, automobile repair, urgent health and welfare, etc.

Armed Forces Relief Trust www.afrtrust.org

Army Emergency Relief www.aerhq.org

Navy-Marine Corps Relief Society www.nmcrrs.org

Air Force Aid Society www.afas.org

Coast Guard Mutual Assistance www.cgmahq.org

American Red Cross for worldwide communication and support, interest free loans, and more. www.redcross.org
877-272-7337

CVOEO - Champlain Valley Office of Economic Opportunity.
Works with low-income people to achieve independence.

800-287-7971

TD/TTY (802) 863-6248

www.cvoeo.org/

Vermont 2-1-1

Health & Human Services information and referral program
To use this service just dial the three-digit number 2-1-1.
Vermont 2-1-1 Community Information Specialists help solve problems and link callers throughout Vermont with government programs, community-based organizations, support groups, volunteer opportunities, donation programs, and other local resources. Vermont 2-1-1 is a program of United Way of Vermont, is a health and human services information and referral program serving Vermont.

DFAS

MYPAY (Website to check your LES)

<https://mypay.dfas.mil/mypay.aspx>

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Needy Veterans Fund
Vermont State Veterans Affairs
1-888-666-9844

The Needy Veterans Fund provides temporary assistance to veterans and their dependents in the form of a one-time monetary payment. Contact the Vermont State Veterans Affairs Office in Montpelier to apply.

Vermont Department of Prevention, Assistance, Transition and Health Access (PATH)
General Assistance and Other Programs: 1-800-287-0589
Fuel Assistance: 1-800-479-6151
www.dpath.state.vt.us.
General Assistance, Food Stamps, Aid to Needy Families with Children (ANFC), Seasonal/Emergency Fuel Assistance, and Disabled Child Home Care.

The Vermont State Housing Authority (VSHA)
1-800-798-3118
www.vsha.org
VSHA provides many assistance programs to help people meet their housing needs, whether they're looking to rent or purchase a home. Rental Assistance is especially helpful.

Supplemental Security Income & Social Security Disability Insurance from the Social Security Administration
1-800-772-1213
www.ssa.gov
If you have a disability that hinders your ability to work, funds may be available through the federal benefits programs administered by the Social Security Administration.

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Consumer Credit Counseling Service

1-800-327-6778

www.cccsnh-vt.org.

This non-profit organization helps veterans decrease their debt.

Loans and Grants Through the Small Business Administration (SBA)

1-800-827-5722

Veterans wanting to start a business may be eligible to receive assistance.

Friends of Veterans

(802) 296-8368 Email: fov@valley.net

Website: <http://www.vtwebs.com/FOV>

Friends of Veterans, or FOV, is a 501(c)19 non-profit corporation that aids veterans and their families in times of crisis.

Food Subsidies

See Subsidies

Grief/Bereavement

Vet Centers:

Free counseling

Call 1-800-905-4675

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Grief support for line of duty deaths

www.taps.org

Health

See also Medical, Dental

National Center for PTSD

www.ncptsd.va.gov

Stress and combat related mental health educational information and much more.

My Healthe Vet

www.myhealth.va.gov

The VHA Health Portal created for you, the veteran and your family, and for VA employees. This new health portal will enable you to access health information, tools and services anywhere in the world you can access the Internet.

Health information

www.healthfinder.gov/

DoD Deployment Health Center

www.pdhealth.mil

1-800-796-9699

DoD Deployment Connections

Delivery of Deployment related information and services to Active and Reserve personnel, and their family members.

www.deploymentconnections.org

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Housing, temporary

The Fisher House™ program

www.fisherhouse.org

A unique private-public partnership that supports America's military in their time of need. The program donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury.

Lund Home, Burlington, VT

Pregnant and parenting young women

1-800-639-1741

(802) 864-7467

Sara Cole House, Burlington VT

Communal Sober House

(802) 658-9551

Housing Subsidies

See also Subsidies

Burlington Housing Authority

802-864-0538

Insurance

See Life Insurance

Kids

See Children

Leave

Check the amount of leave you have at MyPay

<https://mypay.dfas.mil/mypay.aspx>

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See Children

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<https://mypay.dfas.mil/mypay.aspx>

Legal Assistance

SCRA (Service members Civil Rights Act) provides protection to those called to active duty. Legal information on rental agreements, income tax payments, and more. **Also ability to reduce pre-service consumer debt and mortgage interest rates.

Air Force <http://hqja.jag.af.mil>

Army www.jagcnet.army.mil/legal

Coast Guard www.uscg.mil/legal/index.htm

Navy and Marines www.jag.navy.mil

Life Insurance

SGLI (Service members' Group Life Insurance)

www.insurance.va.gov/index.htm

FSGLI (Family Service members' Group Life Insurance)

www.insurance.va.gov/sqliSite/FSGLI/sqlifam.htm

VA benefits

www1.va.gov/health_benefits/

Medical

VA Health Care Benefits

Contact: Wendy Decoff

Toll Free in VT: 1-866-687-8387, ext. 6281

Toll Free Nationwide: 1-800-941-8387

Fill out an application for VA health benefits online at:

http://www1.va.gov/health_benefits/

VA Mental Health Services

Toll Free: 1-866-687-8387, ext. 6132.

Legal Assistance

SCRA (Service members Civil Rights Act) provides protection to those called to active duty. Legal information on rental agreements, income tax payments, and more. **Also ability to reduce pre-service consumer debt and mortgage interest rates.

Air Force <http://hqja.jag.af.mil>

Army www.jagcnet.army.mil/legal

Coast Guard www.uscg.mil/legal/index.htm

Navy and Marines www.jag.navy.mil

Life Insurance

SGLI (Service members' Group Life Insurance)

www.insurance.va.gov/index.htm

FSGLI (Family Service members' Group Life Insurance)

www.insurance.va.gov/sqliSite/FSGLI/sqlifam.htm

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Walk-in any Monday through Friday, 9 a.m. to 12 p.m. or 1 p.m. to 4 p.m. to complete a brief assessment and speak with a therapist and prescriber.

Referrals at the VA in WRJ or at a community-based outpatient clinics around the state.

Women Veterans

Contact: Bobbie Surott Kimberly, LICSW, CTRS,
Women Veterans Program Manager

Toll Free: 1-866-687-8387 ext. 5743

www.va.gov/wvhp/

Vet Centers_Readjustment Counseling Service

1-800-905-4675

Readjustment Counseling (including PTSD treatment), Bereavement, Alcohol & Drug, Trauma, Marriage & Family, and Benefits Counseling as well as Job Services and assistance in obtaining services at the VA and community agencies.

- no co-payments or charges for Vet Center services.

- services are completely confidential.

<http://www.va.gov/rcs/>

Joint Forces

Medical Issues / Questions

Contact: Mr. Poney (802) 338-3136

TRICARE (Active Duty Medical)

www.tricare.osd.mil

1-877-874-2273

Military Sexual Trauma

See Sexual Trauma

National Center for PTSD

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Providing extensive information on stress related health problems. The NCPTSD provides research, education and consulting on PTSD and stress-related disorders. Our Web site is full of information on trauma, war exposure, and reactions to stressors for veterans, families, clinicians, researchers and the general public.

Parents

See also Family

www.militaryimpactedschoolsassociation.org

Great for teachers, parents, youth and spouses

Substance abuse information for parents in VT

<http://www.state.vt.us/adap/vermontparentguide.htm>

Pay

Problems with Pay?

arng-milmay@arng-fsc.ngb.army.mil

Call 1-877-ARNGPAY (276-4729)

MYPAY (Website to check your LES)

<https://mypay.dfas.mil/mypay.aspx>

MilPay (Camp Johnson)

Contact: MSG Rod Churchill (802) 338-3228

Mr. Larry Smith (802) 338-3195

Mr. Jeffrey Greenman (802) 338-3226

Pets

Military Pets Foster Project

www.netpets.org

Connects military pet owners that are about to deploy with foster homes for their pets.

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Recreation

MWR (Morale, Welfare and Recreation)

Provides activities such as arts and crafts, bowling, golf, clubs etc. for service members and their dependents.

Air Force www-p.afsv.af.mil/_AFSVA/about.htm

Army www.armymwr.com

Coast Guard www.uscg.mil/mwr

Navy www.mwr.navy.mil

Marine Corps www.usmc-mccs.org

Relationships

Military Spouse Career Center

www.military.com/spouse

Military Spouse Support

www.milspouse.org

www.militaryimpactedschoolsassociation.org

Great for teachers, parents, youth and spouses

Domestic Violence Emergency Hotline

Burlington (802) 658-1996

1-800-228-7395

Weekend retreats: for strengthening relationship bonds, single parent communications, and other trainings.

1-888-607-8773

James.MacIntyre@vt.ngb.army.mil

Relationship Counseling

Vet Centers: free family and relationship counseling

1-800-905-4675

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Coast Guard www.uscg.mil/mwr

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Marine Corps www.usmc-mccs.org

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Fletcher Allen/UVM
Mental Health Services 802-847-4727

Pamela Mather, LMFT (licensed marriage and family therapist), RN
Clinical office in Burton House, Norwich, VT
PO Box 263
Sharon, VT 05065
802-763-2453

Sexual Trauma

See also Counseling, Women

Vet Centers

Services offered for helping both women and men

White River Junction VT: (802) 295-2908 or 1-800-649-6603
Manchester NH: (603) 668-7060/61

Sleep

Vermont Medical Sleep Disorders Center
Contact: Ray Paquette
139 Pearl Street
Essex Junction, VT 05452
(802) 878-4445

Spiritual

Family Program Chaplain: Chaplain Jim MacIntyre
VT National Guard, Family Readiness Program
789 Vermont National Guard Road
Colchester, VT 05446-3099
1-888-607-8773

James.MacIntyre@vt.ngb.army.mil

-Retreats for strengthening relationships, single parent communications, and more.

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VAMC WRJ, Catholic Chaplain: Rev. Joseph O'Keeffe,
VAMC 215 N. Main Street
White River Junction, VT 05009
(802) 295-9363 X5416
Joseph.OKeeffe@med.va.gov
-Applied Suicide Intervention Skills Training (ASIST)

Vermont State Chaplain for Army and Air Force: Chaplain Lt
Col Calvin W. Kemp
105 NCO Drive
South Burlington, VT 05403-5873
Army office (802) 338-3399
Air Office (802) 660-5422
Cell (802) 598-0689
-Make visits, coordinate resources and serve spiritual needs
of all National Guard members and their families.

Spouses
See Relationships

Subsidies

Child Care

Operation Military Child Care
1-800-424-2246
www.naccrra.org/MilitaryPrograms
email: OMCC@NACCRRSA.org

Subsidies for licensed child care for children up to 12 years
old, based on family income. For support for
employment, education or special medical circumstance
needs -up to \$30-\$150 dollars PER WEEK PER CHILD.

National Association of Child Care Resource and Referral
www.childcareaware.org
1-800-424-2246

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CVOEO - Champlain Valley Office of Economic Opportunity.
Works with low-income people to achieve economic
independence.

800-287-7971

TD/TTY (802) 863-6248

www.cvoeo.org/

Economic Services Division

1-800-775-0503

(802) 863-7365

Medicaid, Food Stamps, more

Food Allowance

<http://dod.mil/militarypay>

Housing Allowance

www.dtic.mil/perdiem/bah.html

www.dtic.mil/perdiem/2004-bah2.pdf

Substance Abuse and Recovery

Friends of Recovery- Vermont, statewide organization

Patty McCarthy, M.S., Director

PO Box 1202, Montpelier, VT 05601

1 (802) 229-6103

Toll Free 1 (800) 769-2798

recoveryvt@aol.com

www.friendsofrecoveryvt.org_

"Promoting the power of recovery from addictions to
improve the quality of life and health for Vermonters."

Burlington Substance Abuse Resource Guide

www.cedoburlington.org/neighborhoods/substance_abuse/Burlington%20Substance%20Abuse%20Resource%20Guide.pdf

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Alcoholics Anonymous (AA) meetings

www.aavt.org

Barre-Montpelier &
Waterbury Area: (802) 229-5100
Bennington: (802) 447-1285
Brattleboro: (802) 257-5801
Burlington: (802) 860-8382
Manchester: (802) 447-1285
Middlebury: (802) 388-9284
Newport: (802) 334-1213
or toll free 1-877-334-1213
Rutland: (802) 775-0402
St. Albans: (802) 524-5444
Springfield: (802) 885-8281
White River Junction: (802) 295-7611

NA meetings

Burlington/Chittenden/Champlain (802) 862-4516

www.aavt.org

Act I/Bridge and Assist
Short term residential, Burlington, VT
(802) 859-1230

Alcohol Crisis Team, Howard Center
(802) 859-1230

Howard Center
Burlington, VT Intake (802) 865-6114

Maple Leaf
Underhill, VT 1-800-254-5659
(802) 899-2911

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Rocking Horse
Women with children's Substance Abuse Support
(802) 660-0178

Seneca Center
Burlington, VT (802) 847-3333

Substance abuse information for parents in VT
<http://www.state.vt.us/adap/vermontparentguide.htm>

Treatment resources in VT
<http://www.state.vt.us/adap/treat-fs.htm>

Turning Point Recovery Center
Burlington, VT (802) 861-3150

Vermont Cares
www.vtcares.org 1-800-649-2437

Vermont Department of Health
Division of Alcohol & Drug Abuse Programs
108 Cherry Street, Burlington VT 05401
(802) 651-1550
Referrals to individual practitioners

University of Vermont Clinical Research Program
(802) 847-7880 www.uvm.edu/trc
The University of VT offers substance abuse treatment as part of clinical research studies.

Suicide

National Suicide Prevention Lifeline
1-800-273-TALK (1-800-273-8255)
www.suicidepreventionlifeline.org
Call 1-800-SUICIDE (1-800-784-2433)

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A two-day workshop designed to provide participants with gatekeeping knowledge and skills. Gatekeepers are taught to recognize the warning signs of suicide and to intervene appropriately. The two-day workshops are delivered to up to 30 participants by at least two trainers. Both the Active duty Army and Air Force use this program extensively for training front line supervisors, officers, NCO's, mental health workers and Family Support group leaders.

Teachers

www.militaryimpactedschoolsassociation.org

This web site is great for teachers, parents, youth and spouses

Teenagers

See Children/Adolescents

Travel

Armed Forces Vacation Club

www.afvclub.com

Space-Available and Space-Required Travel

www.transcom.mil

<http://public.amc.af.mil/Library/SPACEA/spacea.htm>

Special offers on travel

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Free airline tickets for reuniting hospitalized soldiers and family

www.heromiles.org

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Veterans Service Organizations

<http://www1.va.gov/vso/index.cfm>

A Website provided by Office of the Secretary of Veterans Affairs that lists and allows searches of the VSO directory

Veterans Service Organizations (VSOs) Directory

<http://www1.va.gov/vso/index.cfm?template=view>

Disabled American Veterans (DAV)

Service Officer at the VA: (802) 296-5167

Veterans of Foreign Wars (VFW)

Service Officer at the VA: (802) 296-5168

Montpelier: (802) 223-5368

American Legion

Service Officer at the VA: (802) 295-5166

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Montpelier: (802) 223-7131

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1-877-7AMVETS

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www.va.gov/wvhp/

The WVPM coordinates the provision of comprehensive
health care services to women veterans

Women's Rape Crisis Center
(802) 863-1236

Emergencies 1-800-489-7273
WomenSafe Hotline 1-800-388-4205

Domestic Violence Emergency Hotline
Burlington (802) 658-1996
1-800-228-7395

Youth

See Children/Adolescents

AMVETS
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